

# Avila Examiner

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Avila College, Kansas City, MO

October 5, 1989

## An Examiner Follow-up: Avila Represented at Harmony Education Conference

By Myrna F. Arnold

There are children in the Kansas City area who are not white, anglo-saxon, English-speaking Christians. Their education was the subject of a conference held August 31, at UMKC, by an organization known as Harmony in a World of Difference. More than 700 teachers, administrators and other educators attended the one-day event to learn strategies to implement multicultural curriculum in the classroom.

"I think we are becoming aware, as educators, that we have to train educators to combat racism," said Annie Leonard, who, with Dr. Laura Sloan and ten Avila Education students, attended the conference. "It needs to be an active part of the curriculum." She further explained, "I think we do take a lot for granted."

Using workshops, films and speeches from such Kansas City leaders as City Council Member Emmanuel Cleaver and Kansas City School District Superintendent, George Garcia, to supplement a comprehensive resource guide for teachers, the conference organizers hope to combat racial, ethnic and cultural prejudice through education.

"We may talk about things in education classes, such as 'examine your prejudices,' and 'we all have them,' 'be sure those aren't reflected in your classroom activities.'" Sloan said, "We do that kind of thing, but this is actually teaching multicultural education, making sure that the kids have lessons on the differences."

The harmony in a World of Difference conference was different

in that it provided a resource guide - a thick volume of materials, worksheets and study guides on multicultural issues which teachers can take out, reproduce, and incorporate into their lesson plans. The conference was designed to instruct teachers in the use of the guide.

Future teacher, Jo Wittery said, "The lesson plans teach teachers to be more conscious of racial prejudice and stereotyping. They're high school level plans. You can take them and branch off from there, making them fit your (teaching) style."

The Harmony program, which is expected to be in operation through June of 1990, is one of several cities throughout the country. While those in other cities have dealt only with education, Kansas City is also attempting to address areas such as interfaith understanding, economic development, criminal justice, banking and employment practices. While another education conference is scheduled for November 10, a conference for law enforcement officers (date to be announced) is also planned.

Victor Poirer, Secretary/Treasurer for Harmony, and Community Affairs Manager of Kansas City Power & Light Co., told reporters at a news briefing that Harmony did not expect to solve discrimination problems. The situation is too deeply ingrained in the culture and has lasted too long for that. "This is not going to be a complete and total end to prejudice," he admitted. "But it does have a good chance of making an impact."

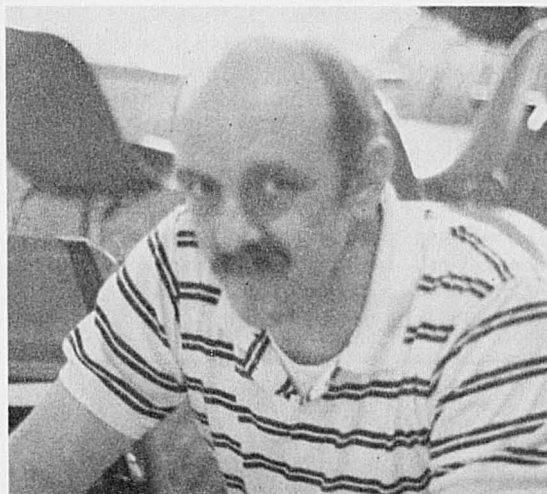


Photo by Ron Simon

## Student Senate Issues

Student Government started with a bang on the 28th of August 1989, and has since completed four regular meetings and one weekend workshop. The senate is composed of an exceptional group of students who are working hard to address the concerns of the Avila student community.

To date, the senate has discussed issues ranging from whether to assign point values to grade pluses or minuses to the necessity of a sexual harassment policy on campus. The senate has representatives in all major campus faculty, staff and administrative committees to provide the committees a student perspective for almost all major issues concerning the operation of the Avila campus. The senate consists of an executive committee with Rick

Truman (President), Liz VanNote (Vice President), Mike Joyce (Secretary). The senate is composed of Jamie Millard and Brett Reinert (Senators-at-Large), Nancy Boutte (Nursing Senator), Kate Axtell (Social Science Senator), Sharon Pilcher (Education/Psychology Senator), LeAnne Alexander (Humanities Senator), Kim Jurd (Business Senator) and Mark Hoffman (NAHSM Senator). The advisor of this organization is Tom Lease. The senate would invite any input from the student body. Feel free to contact any of the above mentioned senators. As a closing reminder, the senate would like to inform you that senate meetings are open to the public. The senate meets from 4:30 to 5:30 p.m. every Monday afternoon in the Barefoot Room.

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## Contest Winner

"Guess who will score the first goal at the Homecoming Game"

The Examiner staff congratulates:

Becky Lemasters

Thank you for your many entries!

Watch for our next exciting contest!

- The Staff

## Local Celebrities at Avila

By Kenneth (Montana) Jackson  
Assistant Editor

The Communication Department is very pleased to announce that local professionals, working within the Mass Communication field, will be speaking at Avila over the next few months.

"This is a continuing effort to incorporate professionals into our academic program," says Dr. Dan Larson, Chairman of Humanities. "We are pleased to be able to give the students a chance to learn from, and interact with, the people who are working within the Communication field. The bottom line is that these people are on the firing line. These speakers give the students a good feel for the Communication field as a whole."

Anyone interested in attending these lectures is welcome.

A listing of the scheduled speakers is as follows:

Larry Moore, Channel 9 Anchor man & Managing Editor. Monday, October 16, 7:30 p.m., Whitfield Center.

Julie Lux, Host of AM LIVE, KSHB-TV Channel 41. Wednesday, October 18, 5:40 p.m., Borserine, Room 403.

Darcy Black, News Director of KUDL-FM & WHB-AM. Monday, November 13, 2:00 p.m., Borserine, Room 423.

Fred Horn, Editor of Corporate Report, Kansas City. Wednesday, November 15, 2:00 p.m., Borserine, Room 423.

Phil Hermanson, Media Relations for Corporate Headquarters, U.S. Sprint. Tuesday, November 21, 9:30 a.m., O'Reilly, Room 203

Rhonda-Chriss-Lokeman, Editor/Writer for K.C. Star & Times. Wednesday, November 29, 2:00 p.m., Borserine, Room 432.

## STUDENT PROFILE: Lloyd Lapore Jr.

By Kenneth (Montana) Jackson  
Assistant Editor

Vietnam Veteran, Assistant Scoutmaster, Nurse, Husband, Father, Army Reservist and Student are just a few of the many facets that make up this Avila Student.

The story of Lloyd Lapore, Jr. starts in North Kansas City and Harlem where he was reared, becoming a Scout at the age of 11. Lloyd has been Assistant Scoutmaster for Troop 122 since 1974. "I enjoy Scouting, I wish to give back, in a small way, what has been so richly given to me." He gives a lot of credit to his boyhood Scoutmaster, H. Virgil Bower, "I feel if I can follow in his footsteps to some degree that I can consider myself successful."

Lloyd says, "Through the efforts of people such as the Scoutmaster and the organization I attribute my survival, not only through my life but through Vietnam." Lloyd served from September-December, 1969 at Pleiku and Kontum and November 1970-November 1971 at Hve Phu Bai as a paratrooper supporting the 101st Airborne Division. During the six years of active duty in the United States Army he primarily acted as

a medic. "The thing that surprised me the most," states Lapore, "was the attitude of people towards Vietnam Vets; fortunately these attitudes are changing."

Lloyd has been married for ten years and has two children, a son and daughter. Since 1984 he has worked in the Oncology (cancer) and ENT (ear-nose-throat) floors of the Veterans Hospital. Lloyd states, "The hospital has been a real learning experience. I went, not by choice, into the cancer field after my mother passed away from cancer a year after I got back from the service. Two of the nurses who took care of my mother were from my Reserve Unit. I've been in a few life-threatening states before. It's because of this that I feel a special kinship to nurses."

After attending Maple Woods and Penn Valley, Lloyd started his first semester at Avila where he is studying Nursing. "It's been a long road but it's worth it. My main goal is to help people. With a better education I can help people more. After all that's what it's all about."

## MAKING THE GRADE FOR YOUR PEAK PERFORMANCE Overcoming the Gottas

by Robert J. Kriegel, Ph.D.

Editors note: Robert J. Kriegel, Ph.D. — best selling author, former All-American athlete, and mental coach for Olympic and world class athletes — lectures and consults with major corporations worldwide on peak performance, leadership and strategies for dealing with change. Kriegel recently took part in a national tour of college campuses sponsored by the makers of Nuprin Pain Reliever.

To remind you how to be a peak performance thinker, Kriegel and the makers of Nuprin have developed a "pocket coach" of tips for combating pressure and pain. For a free copy of the Nuprin Pain Relief Guide, write to Nuprin, P.O. Box 14160, Baltimore, MD 21268.

The alarm sounds. "6 a.m. I've really gotta hustle. I've gotta finish that outline, talk to Professor Jones, stop by the lab, read 100 pages for my noon psych class and be at work at 3 p.m."

Today's college campuses are pressure cookers. In fact, the Nuprin Pain Report, the first national study on pain in America, documented that more people 18-24 suffer from stress and pain than any adult age group.

As I've toured the country visiting college campuses, students tell me the most common causes of their

stress are: too much to do, too little time; exams; money; relationships; interviews; family and career choices.

So, get rid of stress. Right? Wrong. Stress is neither good nor bad. How you handle it can be. Learning to make stress work for you can help you concentrate better and think more clearly under pressure, have more energy, be more creative and make college more enjoyable.

But many of us handle stress poorly.

Some people panic and work too fast under stress. Others procrastinate. Neither response is productive and both are caused by what I call "sabotage thinking" — common reactions to stressful situations that work against rather than for you.

Two common types of sabotage thinking are: "the gottas" and "the can'ts."

Let's look at the gottas and methods to overcome them.

The gottas usually occur when you think you have too much to do and too little time to do it: "I gotta study for two exams. . . I gotta read two chapters. . . I gotta call financial aid about my loan. . . I gotta get a date for Friday night. . ."

The gottas make everything seem harder than it really is. You get into the panic zone, rushing to get it all done. You walk too fast, talk too fast, think too fast, write too fast,

eat too fast. You can't concentrate or think clearly. You make careless mistakes, blank out on exams and forget things you already know. Everything seems like a life or death proposition.

I was talking to a junior at U-C Berkeley who had a bad case of the gottas about a forthcoming exam. "I gotta get an A," he said. I asked what would happen if he didn't.

"If I don't get an A, I won't keep up my 4.0 average. Then I'll never get into a really good graduate school, and then I won't get a top job, and then I'll never make a lot of money. . ."

By the end of his discourse, not getting an A on this test was akin to his life being ruined.

When he stopped and thought about what he'd just said — that if he didn't ace this test his life would be down the tubes — he started laughing. "I must be crazy."

He was not crazy, just not thinking clearly or realistically. Many of us get that way under pressure. This type of desperation thinking makes us overreact and causes panic. The cure is to shift from irrational to rational thinking. Do a reality check. When you get the gottas take a deep breath, exhale slowly and ask yourself, "What is the worst thing that could possibly happen?" and "How likely is that to happen?"

This type of reality thinking puts the gottas in perspective. Sure, not getting an A would be a drag, but it wouldn't be the end of the world nor would it land this A student in the ranks of the homeless.

Looking at past wins helps, too. After all, he already had a 4.0 average, and had done well on difficult exams before. Reminding himself of his past success on similar exams helped him relax and restored his confidence.

Gaining control of your thinking will help to turn desperation reactions into peak performance actions. Learning this early in life will be invaluable in the future, because no matter what you do or where you do it, there's always going to be things you gotta do.



## EDITORIALS

### Do We Face or Sidestep?

By LeAnne Alexander  
Editor

We sit in meetings. We feel they are boring and monotonous, yet they are the vehicle of important decision-making! Decisions that affect our lives are made in meetings. Do we participate in the decision-making process or silently sit back? Do we face issues head on or sidestep them through our knowledge of the system? Do we deal with issues that are controversial or ignore them so our image is not tarnished?

When was the last time you sat through a meeting and heard an issue discussed? Many times issues of importance bring about heated discussions. This emotional burst causes fear. People feel a lack of control, so rather than bring these feelings out in the open, they table the discus-

sion and make it "go away". The discussion is ignored, dismissed, or simply not discussed.

As leaders of today and tomorrow, we should find a way to deal with our own anxieties and, therefore allow us to deal with all issues. Otherwise, we acquire the skills of ignoring and sidestepping. We should learn to use our influence and knowledge in positive ways allowing us to be affective leaders.

We cannot become people who do not help others because it does not look good; who ignore problems because we do not want to be involved; who follow others because we fear to be individuals.

As leaders we should deal with all of the issues, even the difficult ones. If we do not, are we leaders?

## Creative Expression

### And It Was...

By LeAnne Alexander

And it was big and hairy and an utterly grotesque sight as it chased her down the corridor. If she could just reach that door at the end of the hall. But as she ran harder, her legs began to ache for a lack of previous exercise and she damned herself for not completing that aerobics class. She could feel the warmth of its breath on her back and she cringed inside, not knowing what it would do once it gripped onto her limbs.

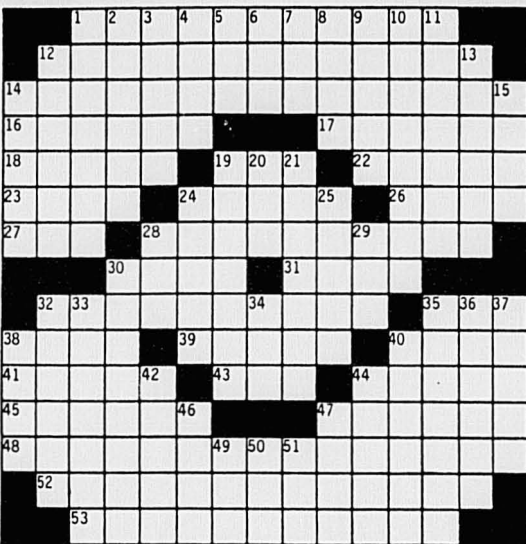
"Run you fool," she screamed aloud! "I swear I will never eat donuts or laugh at those joggers who run at dawn," she shrieked in her panic. "I'll become the epitomy of fitness, just let me make it to that door."

Her mind raced with each step as she pushed further. She read about these creatures and how they grasped their victims, killing them quickly or taking their time and playing torturous games with them until death relieved their agony. She laughed at this ridiculous tale. Now she was facing the horror of a reality!

But she was almost there at the door that would be her escape, her freedom from terror.

Simultaneously, her hand touched the door knob and turned it as a jagged claw ripped into her shoulder. Her face contorted in pain and her shriek trailed off as her outstretched hand went limp.

## collegiate crossword



- ACROSS
- 1 Where one might study Andy Warhol's works (3 wds.)  
12 Enrollment into college  
14 "Calculus Made Simple," e.g. (2 wds.)  
16 Evaluate  
17 Extremely small  
18 Follows a recipe direction  
19 Belonging to Mr. Pacino  
22 Of land measure  
23 Meets a poker bet  
24 — Gay (WW II plane)  
26 Capri, e.g.  
27 Belonging to Mayor Koch  
28 Irritate or embitter  
30 Train for a boxing match
- © Edward Julius
- 31 — and the Belmonts  
32 Processions  
35 Diet supplement (abbr.)  
38 Scottish historian and philosopher  
39 College in Greenville, Pa.  
40 The Venerable —  
41 "...not with — but a whimper."  
43 Return on investment (abbr.)  
44 Pondered  
45 Belonging to Mr. Starr  
47 Part of the classifies (2 wds.)  
48 Possible place to study abroad (2 wds.)
- DOWN
- 1 Those who are duped  
2 "Do unto —..."  
3 Fourth estate  
4 Goals  
5 Well-known record label  
6 Well-known king  
7 151 to Caesar  
8 Prefix meaning milk  
9 Confused (2 wds.)  
10 — husky  
11 Most immediate  
12 Like a sailboat  
13 Cash register key (2 wds.)  
14 En — (as a whole)  
15 Auto racing son of Richard Petty  
19 Political disorder  
20 — cit. (footnote abbreviation)  
21 Traveled on a Flexible Flyer  
24 Glorify  
25 Prospero's servant in "The Tempest"  
28 Well-known government agency  
29 American league team (abbr.)  
30 Fictional hypnotist  
32 Style exemplified by Picasso  
33 "She's —..." (from "Flashdance")  
34 Be unwell  
35 Visible trace  
36 Think  
37 Woman's undergarment  
38 Commit —kiri  
40 — burner  
42 "...for if I — away..."  
44 Actress Gibbs  
46 African antelope  
47 Well-known TV band-leader  
49 Pince — (eyeglass-type)  
50 1968 film, — Station Zebra  
51 1965 film, — Ryan's Express"

## Jukebox Madness

By Marie E. Howard  
Staff Writer

Are you tired of Avila's boring Snack Bar? Does the quiet, gloomy room depress you? Well cheer up my friends, the Student Life Office has come up with the perfect solution...A Jukebox.

On September 4, 1989, a jukebox was put in the Snack Bar, located in Marian Centre. The jukebox has over 200 selections. The songs consist of tunes from the early 60's, for those who like Oldies but Goodies, to more modern sound for those who like the tunes of the 80's.

Grand Vending, located in South Kansas City, is responsible for supplying the jukebox for the Snack Bar. In early September, the Student Life Office, in conjunction with Grand Vending, reached an agreement. Grand Vending agreed to give Avila a jukebox and in return, they will receive half of the profits. The other half of the profits will go to the student activities fee money. Tim Ayres, Manager of Marian Centre said, "Hopefully these funds will be used to

purchase a copy machine for student's use which would be put in Marian Centre."

Many might be wondering whose great idea was this. It was Tim Ayres' idea. "I arrived at this idea because of the lack of activity in the Snack Bar," he stated. He also said, "If students want to go somewhere where it's quiet, they can go to the library."

Trisha Standberry, along with other students who were interviewed, felt that having a jukebox in the snack bar was a neat idea, although they felt the song selections were not suitable for college level students. They all agreed that the songs on the jukebox should be updated and more modern songs should be included. Ayres said, "I suggest that the students who are not happy with the selections make up a list of songs they want on the jukebox, turn them in to me, and I will try to put more of the suggested songs on the jukebox."

## AUDITIONS

for a new Crown Center Entertainment Troupe

We're looking for talented college-age singers and dancers to become part of a Crown Center Entertainment Troupe. The group will perform at Crown Center during the Mayor's Christmas Tree Lighting Ceremony Nov. 24 and on weekends throughout the holiday season.

Auditions will be held:  
Sunday, Oct. 8, 5-8 p.m.  
Monday, Oct. 9, 6-8 p.m.  
Westin Crown Center Hotel  
Pershing Room

Please prepare two songs — one up-tempo and one ballad. We'll provide an accompanist.

For more information, call Sherry Timbrook, 274-7587, or Crown Center Customer Service, 274-7251.



## Renaissance Festival Enters Last Two Weeks

By Myrna F. Arnold

Each year, at the Agricultural Hall of Fame, in Bonnor Springs, KS., a miracle happens. At ten o'clock, on the morning of the first Saturday in September, the boom of a cannon splits the air, signalling the opening of a window in time. Suddenly, the world is four hundred years younger, as the Kansas City Renaissance Festival opens.

Begun as a fund-raiser for the Kansas City Art Institute, the event has become one of Kansas City's rites of autumn, as it recreates the sights, sounds, smells and tastes of an English, country fair of the sixteenth century. There are sights, sounds, and smells and tastes for everyone.

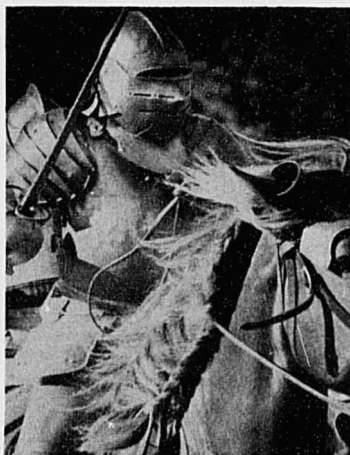


Photo by Paul Vondetage

First, the sights. There are jugglers and mimes and puppets, street performers, jousts on horses and armored fighters on foot. There are nine theatres, both open air and traditional, presenting comedies and dramas. There are magicians, comedians, and stiltwalkers, and craftsman of almost any trade to sell useful goods, gewgaws and fairings. There is color everywhere to contrast against the gaudy richness of the autumn leaves.

There are sounds at the festival that are heard only there. Musicians playing lutes, flutes, recorders, violas, hammered and strummed dulcimers, penny whistles, and African thumb harps as well as bagpipes (Irish and Scotch), tambours and European harps. Singers, jongleurs and troubadours wander throughout the fair. Be sure to keep change to toss in their baskets because that is all they are paid. There is the clash of sword on armor as the real knights of the Society for Creative Anachronism fight real battles (unrehearsed, unchoreographed) for honor and their ladies' favors. There are thunder of hooves of horses and snorts of the largest firebreathing dragon in captivity.

As for smells, there is the crisp smell of apples being pressed for cider. There is the smell of turkey legs, scotch eggs, popovers, pota-

toes, French sausage pie, tem-pura, pizza on a stick, sausages (Polish or German), and hundreds of other viands, all overlaid by the smell of the woodsmoke they are being cooked over. The aroma of hay bales which are located throughout the fair as benches, intertwine with the sweetness of the cool, clean fall air.

The tastes of Renaissance Festival are equally memorable. There are the newly discovered fruits, called "bananas" from India, covered with the spice from the New World, called Chocolate. This new spice is also represented in chunks found in a pastry called "cookies." Another food from the New World, "Maize," can be found roasted over a wood fire and covered with butter and salt. There is pita bread from Persia, and beer from Germany, and exotic foods from as far away as Cathay and as near as Yorkshire, to tempt any palate.

For the adventurous, there are games to challenge skill and luck, including Drench the Wench, King of the Log, Chess and Archery. For younger fairgoers, there is Slay the Dragon, Hobb E. Horse, and Golden Cross Toss.

The only drawback to the festival is that it is only held on six Saturdays and Sundays per year. At 6:30 p.m., on October 15, the cannon's boom will signal the end of the last day, of the last weekend of Renaissance Festival, 1989. It will be another full year before anyone can again escape to that younger, simpler world, where all the best of Renaissance England comes to life.

## Examiner Staff

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The Avila Examiner is published bi-monthly during the academic college year by Avila College for students, faculty, administration and staff. This publication is made possible through funding from Student Activities Fees.

Writers, photographers, and editors are needed to fill staff vacancies. Interested students, with or without newspaper experience, are encouraged to become involved in the publication of this student newspaper.

Opinions expressed in the Avila Examiner do not necessarily represent the official position of Avila College but rather that of the Editorial Staff of the Examiner.

The Avila Examiner reserves the right to edit and print all materials received for publication.

For more information please contact Beth Maren, Director of Residence Life, Marian Centre, Avila College, 11901 Wornall Road, Kansas City, MO.



## Chaplain's Corner

### Mass for the Opening of School

By Father Mike Zahorchak

On Monday, September 11, at 1:00 p.m., Avila continued its long-cherished tradition of officially opening its 1989-90 academic year with a Mass in honor of the Holy Spirit.

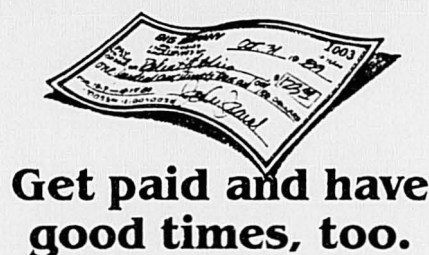
This Mass, a centuries-old tradition in Catholic higher education, began in the 11th century after the establishment of the University of Salamanca, in Spain. The reason for it is to ask the blessings of God, the Holy Spirit, for the Spirit of wisdom, knowledge and understanding.

From the beginning, the custom spread to other institutions of education, including elementary and high school.

Avila first began this tradition here in Kansas City when it opened its doors in 1916 as St. Teresa's Academy for Girls and Junior College for Women. It continued this tradition when it opened as Avila College in 1965.

The Liturgy was magnificent. Sister de la Salle played the organ, the choir sang, various members of the Avila College community participated as lectors, Eucharistic ministers and gift bearers. The congregation consisted of members of the administration, faculty, staff and students, who filled the chapel.

Surely this once again bodes well for our college, i.e., the public formal seeking of God's blessing on our endeavors.



On October 7 and 8, Crown Center will be having a job fair to hire part-time help.

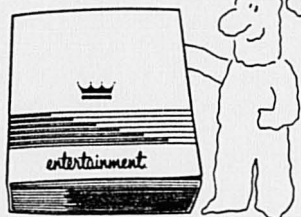
We need hard working individuals to work this holiday season and year-round. So, if you think it would be fun to wait on customers, help out at the Ice Terrace, or work with Santa, stop by the first level of the Crown Center Shops this Saturday or Sunday between noon and 4 p.m. to fill out an application. Good times — and a good job!



Crown Center  
Job Fair

October 7 & 8  
Noon — 4 p.m.

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## Did You Know...

By Liz VanNote  
Feature Editor

Did you know that we are all needed desperately? I am talking about volunteers. Everyday thousands of organizations across the country beg and plead for caring individuals to become involved in reducing the growing need for volunteers. No longer can we picture Sally's sweet retired grandmother as the traditional volunteer. These days, volunteers are needed at every age in every area for almost any job. After a few minutes with my handy yellow pages, I located well over a hundred organizations in the Kansas City area in need of my help. I'm not suggesting that we all run out and join the Peace Corp; however, I have located a sampling of the many volunteer organizations that require as much commitment as you are willing to give.

For those of us who enjoy talking on the phone and are reluctant to venture out into the cold world in search of someone to help, I suggest the Teen Connection Hotline. After being professionally trained

as a good listener, volunteers staff the hotline 24-hours a day from their own homes through a call-forwarding system. What could be easier? Volunteers help teens by listening and sharing on their shift once every month. Everyone was a teenager at one time; so technically, you are already an expert!

If you're feeling a little more energetic, then I suggest Big Brothers and Big Sisters of Greater Kansas City. You may not be saving the human race but one person at a time is a great way to start. It is easy to be a hero. All that is required of you is that you be at least twenty-one years of age, be dependable, and be willing to share three to four hours a week for a minimum of a six month commitment. Presently, the Big Brothers are in need of minority big brothers. Next time you feel you need an excuse to go to see a Disney classic or wander through a toy store, remember that a little brother or sister would love to be your friend.

One great way for all of us to be life-giving volunteers is coming up again this Fall. Every year Avila

College sponsors a Blood Drive. I always feel especially proud after I have given blood. Although I realize it is not a tremendous task, it is one small way of helping others. All I have to do is stay calm for a few minutes and before I know it I have done something to better the fate of mankind! (A little melodramatic, I realize, but giving blood is more than a little dramatic for me!)

My purpose in writing this article was not to inform you on the many volunteer opportunities in our area, (that would involve the writing of a book.) I merely want to impress upon everyone that volunteering can be as creative and fun as you want to make it. Being involved on our own campus at times seems taxing enough; however, we can not hide behind our academic records and ignore the rest of our community. It is personal when I say we are needed. Every last one of us is needed in some way. Regardless of the size of our task, we can make a difference even if it is one pint at a time!

## Tunnel Vision

By Bill Beaver  
Staff Writer

I seek to feel at one with another  
To break out of an endless glass-  
windowed mental tunnel  
Where I feel locked within  
And can only observe those trav-  
elling outside  
And where I feel locked within  
and cannot touch them  
Nor speak to them  
Nor cross the barrier to become  
intimate with them.

I must isolate myself for hours,  
days  
To live secluded with my work  
To eat with, to sleep with,  
And to breathe the subjects of  
my poems.  
Their representative loneliness -  
Living mentally within the frame-  
work of a cell-sized house  
With walls closing in.  
Within the mental confines of my  
exclusive self,  
My thinking clearly travels a one-  
lane road  
Toward my own destruction.

Existing among the living  
But isolated within my mental tor-  
ture chamber,  
The confines are real and the  
walls each day  
Become more airtight.

## Health Square

By Cynthia Vines

As midterms approach, we are staying up later writing papers or studying for a big test. It is hard to remember that grades are not everything at this point in life. We need to keep in mind that our brains need a rest, with both physical or mental exercise. Take time out for thirty minutes and go for a walk, watch television or just sit in a quiet room and relax. We need to remember that nutrition is another important aspect to good health. Eat a carrot stick instead of chips, or drink a glass of juice in place of that soda. It is important that your body and mind stay in tune during these highly stressful times.

Avila's Student Nurses Organization would like to invite anyone to come to the meeting on October 9 at 12:00 in the Helmes room in the Borsierine building. A guest speaker from St. Joseph's Health Center will be speaking about the Life Flight program through the eyes of a nurse.

Hope you all can come!!!

## The Haunting of Avila

By Kenneth (Montana) Jackson  
Assistant Editor

What forms walk among the living, causing chills to trickle down the spines of unsuspecting students? What events raise the hairs on the neck and cause conversations to fall into horrified hushes? What events so strange can capture the imagination of students and faculty alike? What entity calls Avila home?

Is it possible, in a place so rooted in the virtues of education and science, that something, beyond the knowledge of our world, exists? Can it be that we, in our dimension, share the same space with other unseen forms? Is there anything except the chill that befalls our senses that makes another presence felt?

Can the educators and the learners entertain thoughts of mystical forces within our midst, of apparitions unseen, yet possibly

present? Are shadowy thoughts of spirits voiced outwardly, or quietly tucked away to avoid the lash of ridicule and scorn? One must ponder such questions when faced with the unexplainable event within our midst.

After the pangs of hunger are satisfied, as pool and ping-pong tables set quiet and student faces are shielded by their books, it is at this time, that the forces unseen show their presence.

The melodic rhythm of studying drifts through the smoky air. The silence is shattered violently. The jukebox convulses and erupts to life, playing songs that have been selected by no visible mortal hand.

This bizarre happening, could it be generated by phantoms that we do not yet understand? Doubtful, it is probably a glitch in the programming.

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If interested contact Pat Kopp, 942-8400, Ext. 212 for an appointment.

## Counseling Corner

By Bill Beaver  
Staff Writer

Students, do you feel confused about how to begin your essay, whether your focus is clear, or when to use a semicolon instead of a comma? If so, visit Avila's College Skills Centre located in Blasco Hall's lower level. There, you can find help brainstorming ideas, restructuring paragraphs, punctuating sentences, or mastering proofreading techniques. You needn't feel confused about your essay when help awaits your asking. People in the Centre are flexible in scheduling times to meet with you. Call the Centre at 942-8400, ext. 266, or come to the lower level of Blasco Hall, anytime Monday through Friday from 8 a.m. until 5 p.m.

## On-Campus Personal Counseling Available

By Bill Beaver  
Staff Writer

Students away from home, students attending college after establishing home and work lives, or faculty and staff as students may feel stress from time to time from demanding college life. Meeting social needs or financial needs can feel overwhelming, creating a lost sense of self-trust.

Counselor Kelly Spurgeon believes in your individual need and ability to find solutions to your issues. The issues, although often temporary, may create discomfort and stress. Counselor Kelly Spurgeon provides free, confidential, personal counseling to you.

In an effort to enhance your feelings of self-worth, he can help you work through personal growth and developmental issues. Spurgeon's office is located in Blasco Hall's lower level, in the Human Resource Centre. His telephone number is 942-8400, ext. 266 or 270.



## Home Field Advantage?

By Jeff Kraus  
Sports Editor

The month of September has contradicted the belief that athletes playing on their home field have an advantage over the visiting opponent. The Avila soccer team has proven this theory wrong thus far in their season. The team has yet to lose an away game. Not only has the team won every game on the road, but they have kept every one of their opponents from scoring a goal. A large portion of the credit for this defensive effort must go to Freshman goal keeper, John Cone. Junior Tom Tish agrees with the outstanding play of Cone, but mentioned that the switch in the backfield has helped. Coach Ferris switched the posi-

tions of Craig Wania and Jim Ricker. Rich Joyce commented, "The switch was to add to the Avalanche's offensive punch. Jim has a strong and controlled shot, and since the change, Craig has played stellar defense."

While keeping the opponents from scoring, the offense has been hammering goals. The Avalanche beat Ottawa University 1-0, Benedictine 1-0 and William Jewell by the score of 8-0!

The Avalanche plays many more challenging matches on the road. Rich Dupius hopes Lady Luck will stay on their side for the rest of the season's away games!

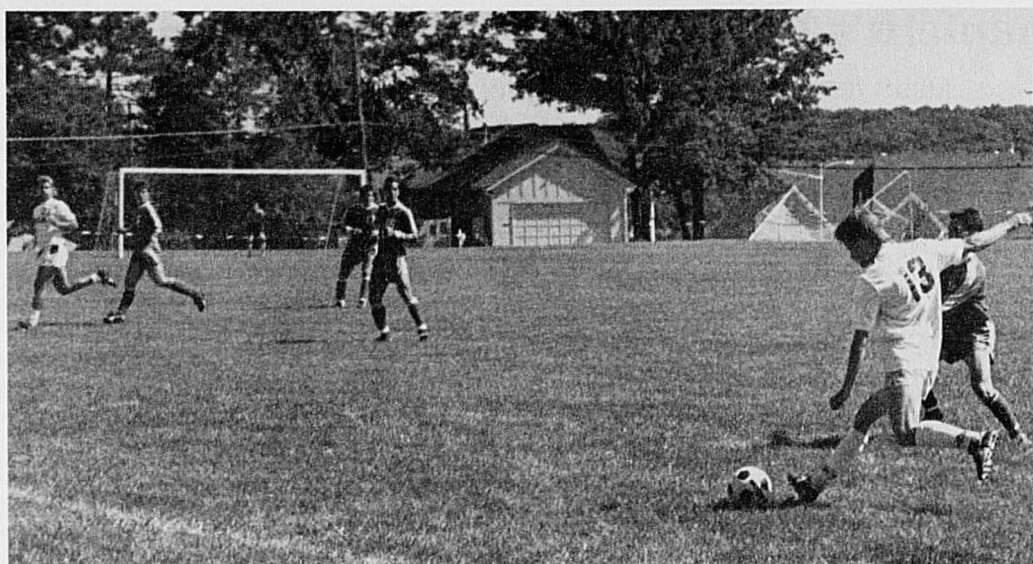


Photo by Ron Simon



Photo by Ron Simon

## The Hawks Soar Above the Avalanche

By Jeff Kraus  
Sport Editor

A great crowd and perfect game conditions were the setting for the Avila vs. Rockhurst, crosstown, rival soccer match. This year was no different than the years past, for the two teams played an exciting game of soccer

on Saturday, September 23.

The Hawks flew out to a 1-0 lead at half-time, and added to the lead with a quick goal after only ten minutes of the second half. The Avalanche stood strong and really out-played Rockhurst by scoring a goal of their own and applying all of the pressure. Coach Ferris was proud of the effort his team gave,

stating, "Rockhurst is a team you cannot make any mistakes against. They tend to capitalize on every opponents mistake."

Richard Joyce stated that the two teams will meet again and the outcome will be different. The difference will be, of course, Avila on top.

## Give A Little TLC...

By LeAnne Alexander  
Editor

The old saying, "Home is where the heart is..." may give you visions of a warm, caring shelter. What if you don't know what a

warm, caring shelter is? Where do you go if you can't go home because you are abused? Where do you turn if you are a child with no protection? Children who are residents of Kansas may look to TLC. Temporary Lodging for Children is

a service which provides emergency and temporary lodging for youths ranging from twelve to eighteen years of age.

TLC was founded by the Johnson County Young Matrons in 1972 and presently consists of two programs: Group Home Program and Foster Program.

The Group Home program consists of providing "tender, loving care" through family style living in two group homes. Each home provides emergency shelter and care and therapy for preparation of future life. Treatment, therapy, and love are provided by a professional teaching parent couple. This couple lives in each home twenty-four hours a day and directs the programs for the youth. The treatment program for youths includes: Individual, group, and family therapy; educational/vocational training; medical/dental care; psychological and educational diagnostic services (if needed); tutoring and organized recreation.

The Foster Home program is presently running thirty-two homes in Johnson and Wyandotte counties. The foster parents are trained in treatment for foster youths. This program allows youths who would otherwise be placed in a more restrictive environment the chance to experience "tender, loving care" in a family environment.

Temporary Lodging for Chil-

dren is a program funded by the State, but Executive Director Sherry Reed feels that the facilities could be more beneficial if they could find another source of funding. "Right Now, we can serve only children in the State's custody, but if we had other funds such as an endowment, we could give reduced or no fees to children in the community who need help."

The organization is looking into a possible endowment fund, but if they take on this project they will need support from the community.

Temporary Lodging for Children is always in need of volunteers, donations and gifts. Keep in mind that growing up isn't always easy; neither is parenting, and sometimes a parents love is not enough. They may need some "TLC". Since the Johnson County Young Matrons founded Temporary Lodging for Children in 1972, hundreds of children have been served with a high quality of service that was greatly needed. If you'd like to help and give some tender, loving care to a child, contact Sherry Reed Executive Director at (913) 764-2887.



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**CLASS RING DAY - October 9th, 2-6 p.m.** Order your class ring this day and receive a \$10 discount. Discount applies to this day ONLY. Rings can be ordered any time but no discount given. See Sister Elaine in the Bookstore for ordering.

**COME ONE - COME ALL --** Join the fun of Intramural tournaments! Coming soon are Billiards, Table Tennis, and Foosball.

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